Average Number Of Unhealthy Days, Physical And Mental (Adults)

Average Number Of Unhealthy Days, Physical And Mental (Adults)
•Most recent data (2013): 2 days among King County adults age 18+.
•Trend over time: 2000-13: rising
•Description: Number of days with poor physical or mental health during the past 30 days

Average number of unhealthy days, physical and mental (adults), King County, 2009-2013 average

	Mean	Lower CI	Upper CI
King County (adults age 18+)	2	2	2
AGE			
18-24	2	1	2
25-44	2	1	2
45-64	3	2	3
65+	2	2	2
GENDER			
Male	2	2	2
Female	2	2	2
RACE/ETHNICITY			
AIAN	2	1	3
Asian	1	1	1
Black	3	2	4
Hispanic	2	1	3
Multiple	3	2	4
NHPI	2 §	0 §	3 §
White	2	2	2
HOUSEHOLD INCOME			
<$15,000	6	5	7
$15,000 to $24,999	3	2	4
$25,000 to $34,999	2	2	3
$35,000 to $49,999	2	1	2
$50,000 to $74,999	2	1	2
$75,000+	1	1	1
REGION			
East	2	1	2
North	2	1	2
Seattle	2	2	2
South	2	2	3

Comparisons:

Higher than King County rate (yellow)
Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 01/2015.
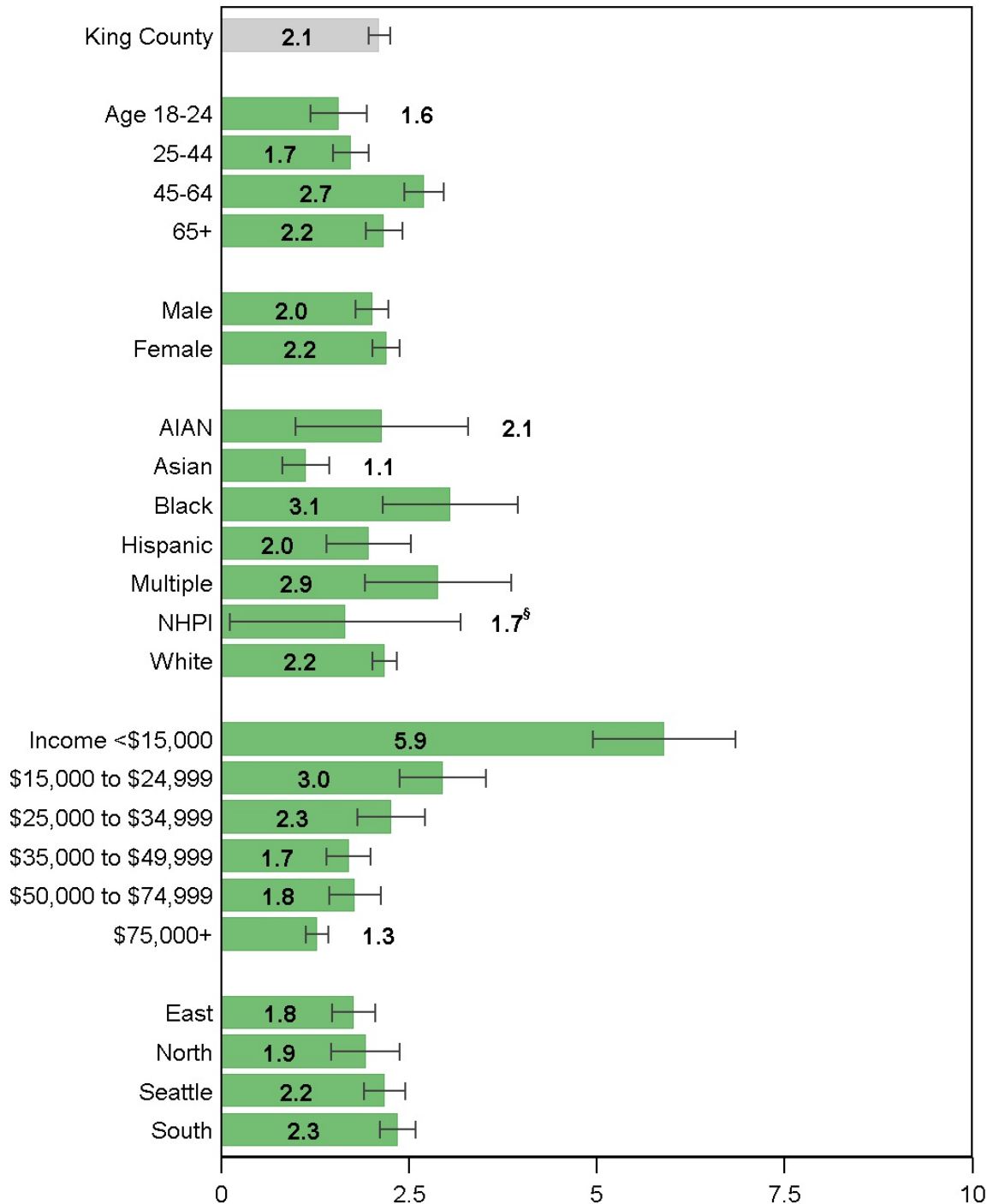
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Average number of unhealthy days, physical and mental (adults) King County, 2009-2013 average

Category	Value
King County	2.1
Age 18-24	1.6
25-44	1.7
45-64	2.7
65+	2.2
Male	2.0
Female	2.2
AIAN	2.1
Asian	1.1
Black	3.1
Hispanic	2.0
Multiple	2.9
NHPI	1.7 §
White	2.2
Income <$15,000	5.9
$15,000 to $24,999	3.0
$25,000 to $34,999	2.3
$35,000 to $49,999	1.7
$50,000 to $74,999	1.8
$75,000+	1.3
East	1.8
North	1.9
Seattle	2.2
South	2.3

Source: Behavioral Risk Factor Surveillance System.
Prepared by Public Health - Seattle & King County, APDE, 01/2015.
|------| Confidence interval shows range that includes true value 95% of the time.
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Average number of unhealthy days, physical and mental (adults) by comparison areas

There is no Healthy People 2020 Objective for average number of unhealthy days, physical and mental (adults).

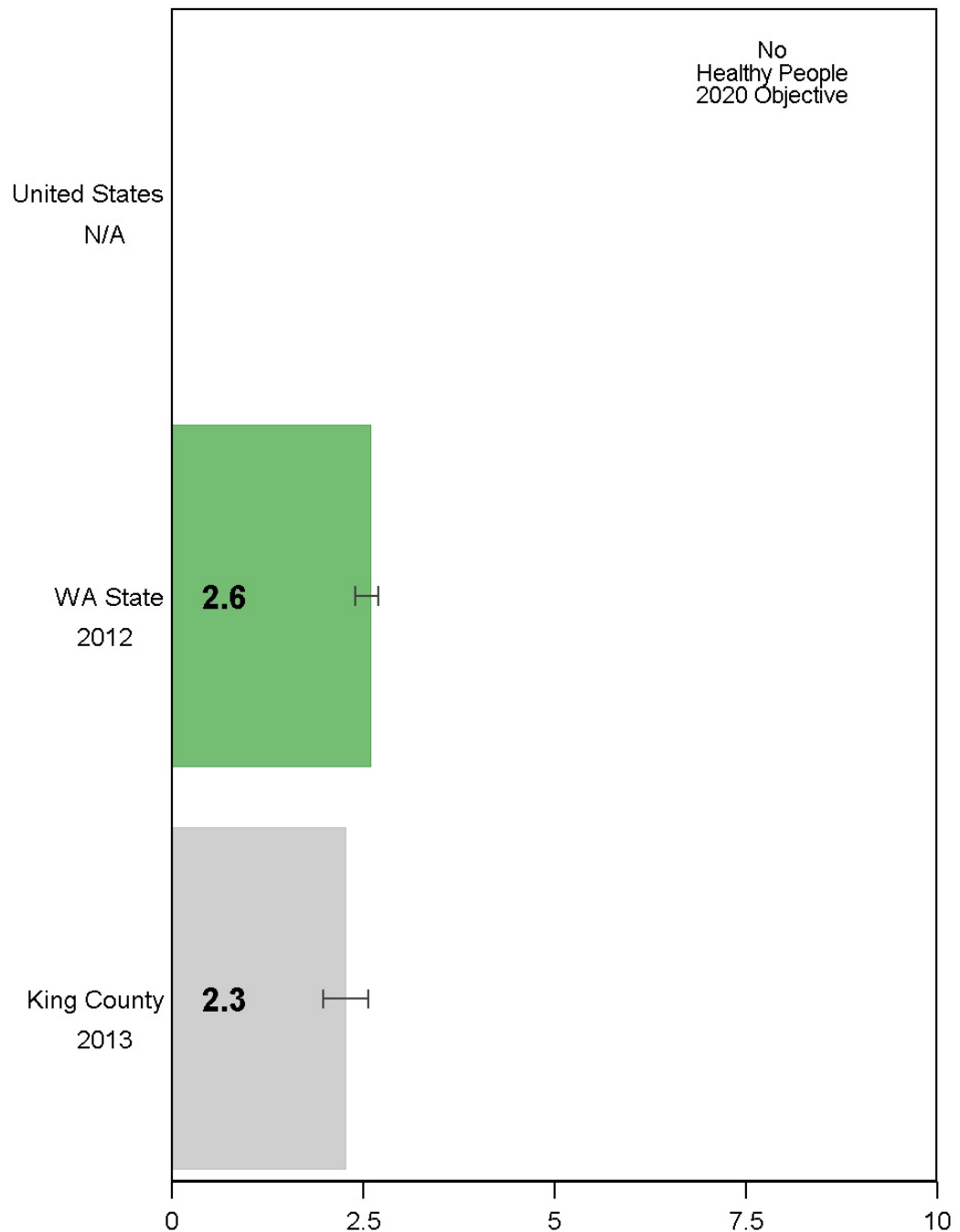|	Latest Available Year	Mean	Lower CI	Upper CI
United States	N/A	N/A	N/A	N/A
WA State	2012	3	2	3
King County	2013	2	2	3

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 01/2015.

N/A: Not available.

CI is 95% Confidence Interval.

Average number of unhealthy days, physical and mental (adults) by comparison areas

No
Healthy People
2020 Objective

United States
N/A

WA State
2012

2.6 ⊢⊣

King County
2013

2.3 ⊢⊣

0   2.5   5   7.5   10

Average number of unhealthy days, physical and mental (adults) by health reporting areas, King County, 2009-2013 average

	Mean	Lower CI	Upper CI
King County (adults age 18+)	2	2	2
Auburn	3	2	4
..Auburn-North	3	2	4
..Auburn-South	3	1	5
Bear Creek/Carnation/Duvall	1	1	2
Bellevue	2	1	2
..Bellevue-Central	2	1	3
..Bellevue-NE	2	1	2
..Bellevue-South	1	1	2
..Bellevue-West	2 §	1 §	3 §
Black Diamond/Enumclaw/SE County	2	1	4
Bothell/Woodinville	2	1	2
Burien	3	2	3
Covington/Maple Valley	2	1	2
Des Moines/Normandy Park	2	1	2
East Federal Way	2	1	4
Fairwood	2	1	3
Federal Way	3	2	4
..Fed Way-Central/Military Rd	4	2	5
..Fed Way-Dash Point/Woodmont	2	1	3
Issaquah	4 §	1 §	6 §
Kenmore/LFP	2	1	4
Kent	3	2	3
..Kent-East	3	2	4
..Kent-SE	3	2	4
..Kent-West	2	1	4
Kirkland	2	1	3
..Kirkland	2 §	1 §	3 §
..Kirkland North	2	1	3
Mercer Isle/Pt Cities	2	1	3
Newcastle/Four Creeks	2	1	3
North Highline	2 §	1 §	3 §
Redmond	2	1	2
Renton	2	1	3
..Renton-East	2	1	3
..Renton-North	3 §	1 §	5 §
..Renton-South	2	1	2
Sammamish	2	1	2
SeaTac/Tukwila	2	1	3
Seattle	2	2	2
..Ballard	2	1	2
..Beacon/Gtown/S.Park	2	1	4
..Capitol Hill/E.lake	2	1	3
..Central Seattle	2	1	2
..Delridge	3	2	4
..Downtown	3	2	4
..Fremont/Greenlake	2	1	3
..NE Seattle	2	1	3
..North Seattle	2	1	2
..NW Seattle	2	1	2
..QA/Magnolia	2	1	2
..SE Seattle	4	2	6
..West Seattle	2	1	3
Shoreline	2	1	2
Snoqualmie/North Bend/Skykomish	2	1	3
Vashon Island	1	1	2

Comparisons:

Higher than King County rate (yellow)

Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

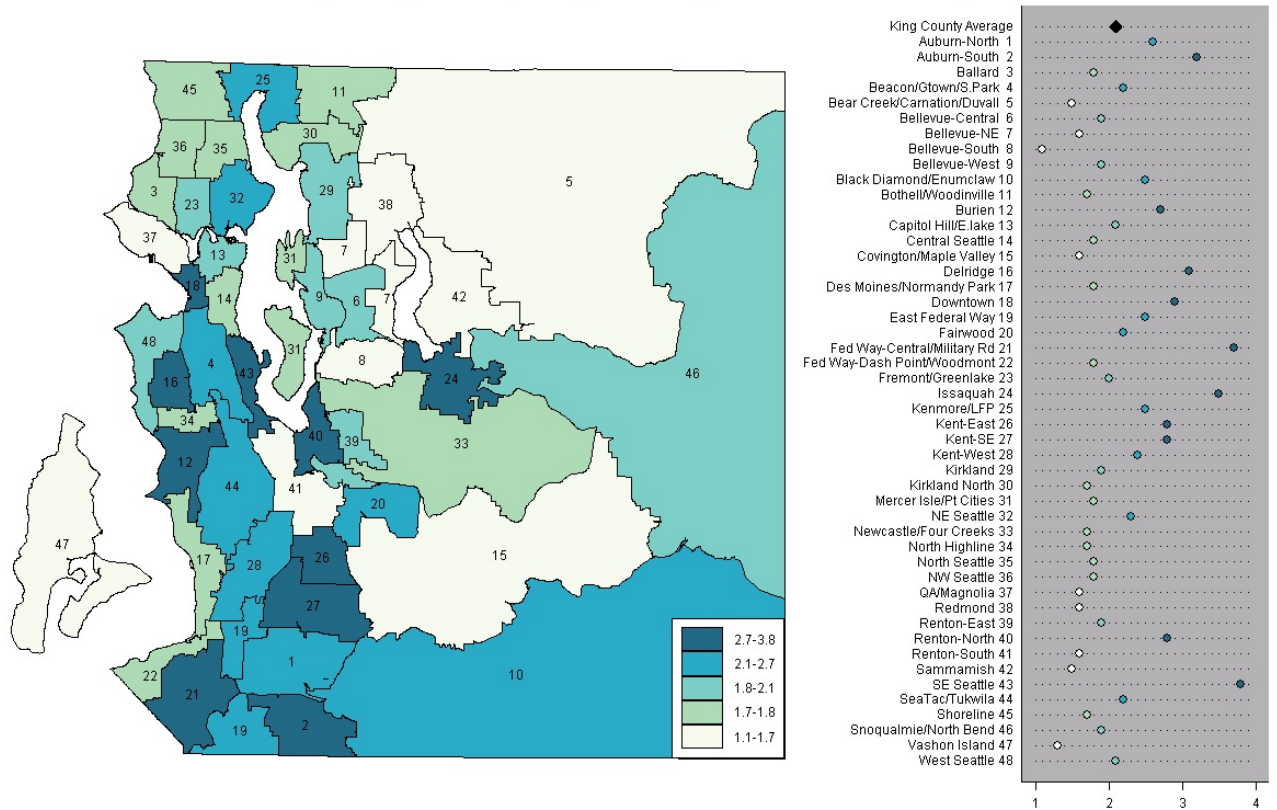Prepared by Public Health - Seattle & King County, APDE, 01/2015.

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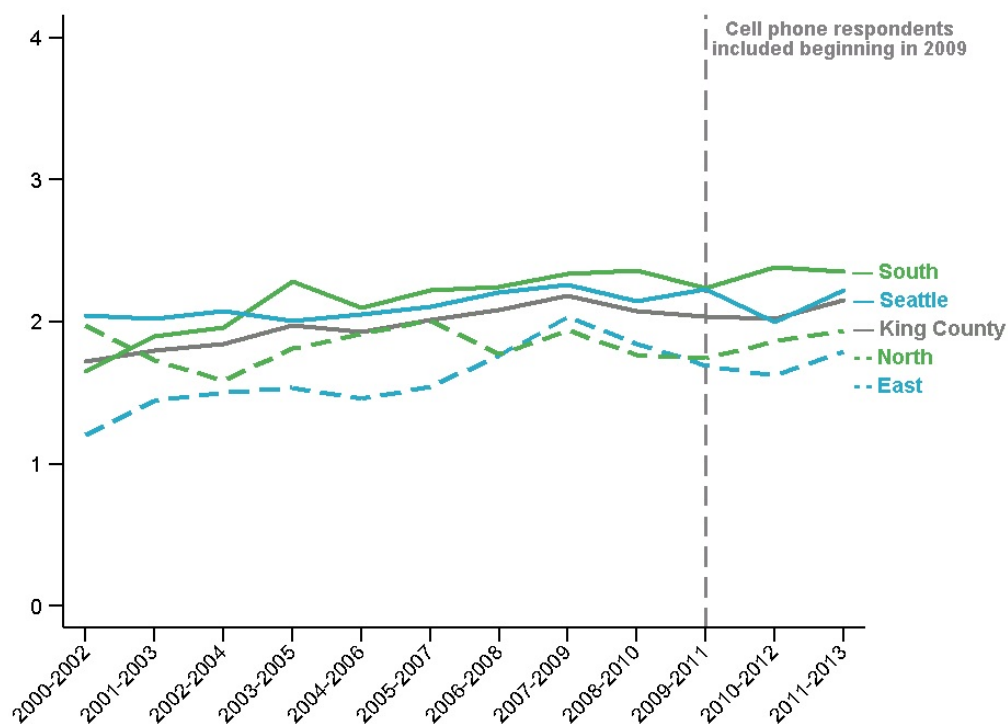§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Average number of unhealthy days, physical and mental (adults) by health reporting areas, King County, 2009-2013 average

King County Average		
Auburn-North 1		
Auburn-South 2		
Ballard 3		
Beacon/Gtown/S.Park 4		
Bear Creek/Carnation/Duvall 5		
Bellevue-Central 6		
Bellevue-NE 7		
Bellevue-South 8		
Bellevue-West 9		
Black Diamond/Enumclaw 10		
Bothell/Woodinville 11		
Burien 12		
Capitol Hill/E.lake 13		
Central Seattle 14		
Covington/Maple Valley 15		
Delridge 16		
Des Moines/Normandy Park 17		
Downtown 18		
East Federal Way 19		
Fairwood 20		
Fed Way-Central/Military Rd 21		
Fed Way-Dash Point/Woodmont 22		
Fremont/Greenlake 23		
Issaquah 24		
Kenmore/LFP 25		
Kent-East 26		
Kent-SE 27		
Kent-West 28		
Kirkland 29		
Kirkland North 30		
Mercer Isle/Pt Cities 31		
NE Seattle 32		
Newcastle/Four Creeks 33		
North Highline 34		
North Seattle 35		
NW Seattle 36		
QA/Magnolia 37		
Redmond 38		
Renton-East 39		
Renton-North 40		
Renton-South 41		
Sammamish 42		
SE Seattle 43		
SeaTac/Tukwila 44		
Shoreline 45		
Snoqualmie/North Bend 46		
Vashon Island 47		
West Seattle 48		

Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
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Legend:
2.7-3.8
2.1-2.7
1.8-2.1
1.7-1.8
1.1-1.7

Average number of unhealthy days, physical and mental (adults)
King County, 2000-2013, three-year rolling averages

Cell phone respondents included beginning in 2009

Legend:
- **South**
- **Seattle**
- **King County**
- **North**
- **East**

X-axis labels: 2000-2002, 2001-2003, 2002-2004, 2003-2005, 2004-2006, 2005-2007, 2006-2008, 2007-2009, 2008-2010, 2009-2011, 2010-2012, 2011-2013

Y-axis: 0, 1, 2, 3, 4

Source: Behavioral Risk Factor Surveillance System.
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King County
Hospitals
for a Healthier
Community